

Youth Basketball Program during COVID-19 at the Johnston Recreation Department

Program Structure

With current restrictions, we are looking at a Recreation Youth Basketball Program that will be focused on skills and drills as well as “in-team” games. This being said, please note that our program structure will be dependent upon Town, State/RIDOH, and CDC guidelines.

Please note: space is very limited for this program due to COVID-19 restrictions and guidelines. Registrations will be taken on a first come, first serve basis.

Children will be placed into divisions based on their grade as of September 1st, 2020. These divisions will be offered separately to boys and girls. If we do not have enough sign-ups, divisions will be made co-ed. *Please note:* the Johnston Girls Recreation Basketball program will not be combining with Scituate this year in order to decrease the potential community spread of COVID-19.

Unlike the 2019 season, we will not be having player evaluations due to the increased exposure associated with the process. The Recreation Department staff will be responsible for creating teams (past player evaluations will be referenced and teams will be balanced with players of different ages and experience within the division).

We are looking at having teams of 10 players and 2 coaches but teams will be comprised of no more than 15 people (including coaches). These teams will remain consistent throughout the season as it is important to create “stable groups” and reduce the number of contacts for each person. Only siblings will be guaranteed to be placed on the same team.

All teams will meet once a week. The season will begin with all divisions practicing once a week and, as the season progresses, session time will be used for a mini-practice and “in-team” games. An in-team game is when a game is played only amongst the players of a given team. Prior to each game, coaches will make 2 different teams from the players in attendance (we will be ordering reversible jerseys rather than t-shirts this year to help avoid any confusion among players). Coaches will change up these mini teams for each game. Coaches will also act as the referees for these in-team games (This will allow us to avoid bringing in various, outside individuals to the “stable group” to referee).

Any changes and important information will be posted to our website (johnstonrec.com) as well as on our Facebook page. Emails will also be sent with all updates.

Anticipated Program Structures and Schedules:

- Johnston Boys Basketball Program
 - 1st and 2nd grade boys clinic
 - Sessions will alternate between the following:
 - Friday evenings
 - Saturday mornings
 - 3rd and 4th grade boys league
 - Sessions will alternate between the following:
 - Wednesday evenings
 - Saturday mornings
 - 5th and 6th grade boys league
 - Monday evenings or Friday evenings
 - 7th and 8th grade boys league

- Sessions will alternate between the following:
 - Tuesday evenings
 - Saturday mornings
 - 9th – 12th grade boys league
 - Wednesday evenings
- Johnston Girls Basketball Program
 - 1st and 2nd grade girls clinic
 - Thursday evenings
 - 3rd and 4th grade girls league
 - Sessions will alternate between the following:
 - Tuesday evenings
 - Saturday late morning/early afternoon
 - 5th and 6th grade girls league
 - Monday evenings
 - 7th and 8th grade girls league
 - Thursday evenings
 - 9th – 12th grade girls league
 - Tuesday evenings

Please note: If we do not receive enough registrations for any division in either program, we will combine the two in order to make a co-ed division. This change will result in alternate practice days/times.

Entering and Exiting the Facility Information

We will only be using Court #1 and Court #3. Court #2 will serve as a “buffer” area between the two teams. Each individual team will be assigned to a court for each practice/game. There will be limited seating for parents on Court #2 which will be 14 feet from Courts #1 and #3.

To limit congestion in parking areas, anyone who has a practice/game on Court 1 will park in the front/side parking lot of the Recreation Center. They will enter through the main lobby and upon leaving the gym, they will exit through the doors at the back of Court #1. Anyone who has a practice/game on Court 3 will park in the rear parking lot (around the building). They will enter through the main lobby and upon leaving the gym, they will exit through the door at the back of Court #3.

The arrival time for each team will be staggered by intervals of 15 minutes. The goal of staggering the start of each teams practice is to minimize the possibility of teams crossing paths and allow time for sanitizing equipment in-between teams.

Parents, players, and coaches are asked to *arrive on time and depart immediately* following the conclusion of the team’s session. Please note: teams will rotate through each of the time slots as well as court.

Screening Information

Upon arrival to the Johnston Indoor Recreation Center, each parent/guardian must turn in a completed self-attestation form (form can be seen on page #8) for their child. We will also be collecting completed forms from all spectators, volunteer coaches, and staff members.

This form includes an area for a temperature reading to be recorded. A member of the Recreation Department Staff will be at the check-in table in the main lobby of the building in order to collect forms. **No individual will be allowed to enter the Johnston Indoor Recreation Center without a completed form.**

If a child, coach, spectator, or staff member has a fever or symptoms (that cannot be explained by allergies or another non-infectious cause such as asthma), they will not be permitted to stay at the gym.

In accordance with CDC guidelines, a fever is a temperature reading of 100.4°F (38.0°C) or above. CDC symptom guidance includes: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, and/or diarrhea.

Symptomatic child/spectator/coach/staff will not be permitted to return to youth basketball until they have completed the clearance protocol as outlined in the COVID-19 Child Illness Policy which can be seen on pages #5-9. Anyone who is feeling ill should not attend basketball, in any capacity.

Spectator Information

In addition to submitting a completed self-attestation form upon entering the building, we will also

Only 2 spectators per child may be in attendance. All spectators will be asked to sit in a designated area of Court #2. This area will be 14 feet from the other two courts in use. Spectators from different households will be asked to sit 6 feet apart from each other.

Please do not drop your children off at basketball. We request that at least one parent/guardian stay at the gym (or in their cars) until the practice is over.

Face Coverings

- All staff, coaches, participants, and spectators will be required to wear a face covering.
 - Exceptions:
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- Participants during Practices: will be required to wear a face covering for the entirety of the session.
 - *Exception:* they are able to maintain a continuous 6 foot (or more) distance from all members of their team.
 - Players will be encouraged to keep a distance (6 ft.) between themselves and others on their team. If a drill is being done in which children are nearer to one another, children will be asked to spread apart as soon as the drill ends.
- Participants during Games: Players will be required to wear a face covering for the entirety of the game.
 - *Exception:* During sub marks/mask breaks, water breaks, timeouts, and halftime, players may remove their face coverings if they are able to maintain a continuous 6+ foot distance from all members of their team.
 - *Accommodations:* Any player with asthma who cannot keep their mask on for an extended period of time will be able to sub out when needed (the asthmatic player will not have to sub in/out in accordance with the substitution rules) and separate themselves 6+ feet from all team members and take a mask break.
- Coaches during Practices and Games: will be required to wear a face covering for the entirety of the session.
 - *Exception:* they are able to maintain a continuous 6+ foot distance from all members of their team.
- Recreation Department Staff Members during Practices and Games: will be required to wear a face covering for the entirety of the session.
 - *Exception:* they are able to maintain a distance of 14+ feet from any other individual.

- Spectators during Practices and Games: Spectators will be required to wear a face covering for the entirety of the session.
 - *Exception*: they are able to maintain a continuous 14+ foot perimeter from the perimeter of play and a continuous 6+ foot distance between members of any other household.
 - Exceptions also exist for children younger than the age of two and for those who cannot wear a face covering as a result of a health or developmental reason.

Equipment

Players are to wear closed-toe shoes that are suitable for basketball (forward and lateral type movements as well as jumping).

Basketballs – We ask that if possible, your child come to practice with their own basketball (please be sure to write their name on it). If your child does not have a basketball, we will provide them with one for the practice. After each practice, basketballs will be sanitized.

Basketball Sizes by Grade (in inches)

- 1st and 2nd Graders
 - Boys: 27
 - Girls: 27
- 3rd and 4th Graders
 - Boys: 28.5
 - Girls: 28.5
- 5th and 6th Graders
 - Boys: 28.5
 - Girls: 28.5
- 7th and 8th Graders
 - Boys: 29.5 (regulation)
 - Girls: 28.5
- 9th – 12th Graders
 - Boys: 29.5 (regulation)
 - Girls: 28.5

Other Information

- High fiving, hugging, etc. are not permitted for health and safety reasons at this time.
- Please send your child to practice with a water (please be sure to write their name on it). Children will not be allowed to share drinks. Please note that the water fountain will not be available.
 - Water bottles will be separated – belongings of different children will be spaced out.
- Hand Hygiene – We will have hand sanitizer available at the courts. Players, coaches, and staff will all be required to wash their hands with hand sanitizer at the start of and end of sessions.
- If your child has an inhaler or an epi-pen, please be sure to bring them to all sessions.
- Bathrooms and the water fountain will not be available so please plan accordingly.

Johnston Indoor Recreation Center Rules

- Gum, tobacco, glass containers, or coolers are not allowed.
- Only non-marking athletic footwear is allowed on the courts.
- Pets are not allowed. Service animals with the proper paperwork are permitted.
- Spitting on the floor is not permitted.
- It is suggested that sneakers to be worn on the court are carried into the building.
- Profanity on printed clothing is not tolerated.

- Anyone using inappropriate language or behaving offensively will be asked to leave the facility.
- Smoking (cigarettes, electronic, vape, etc.) is not allowed at the Johnston Indoor Recreation Center/Property.
- Individuals under the influence of alcohol, illegal substances or found bringing it into the facility will be asked to leave. The Johnston Police Department may be contacted if violations occur.
- Bicycles, scooters, skates, or skateboards are not allowed.

Johnston Recreation Department COVID-19 Illness Policy for Youth Basketball

COVID-19 Illness Policy:

Any person(s) exhibiting any sign(s) and/or symptom(s) of COVID-19, as set forth in CDC guidance, when they develop over a period of hours to days and cannot be explained by allergies or other noninfectious disease should not attend or gain access to a group program, per RIDOH document 216-RICR-50-15-7.

Child, Staff, Coach, and Visitor Illness Detected at Arrival:

The Johnston Recreation Department Youth Basketball Program will **collect** completed self-attestation forms for all staff members, coaches, and participants at the time of arrival at the Johnston Indoor Recreation Center. The self-attestation form will include a temperature recording (self-attestation form can be seen on page 4). Should a child, staff, and/or coach be observed upon arrival to have any sign(s) and/or symptom(s) of COVID-19, as set forth in CDC guidance, they will not be allowed to participate in the program.

- CDC symptom guidance includes: fever (temperature reading of 100.4°F or higher) or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea or vomiting, and/or diarrhea.

Child, Staff, and Visitor Illness Detected at While at Youth Basketball:

- If any player, coach, or staff member is observed at any time during the basketball session to have developed any sign(s) and/or symptom(s) of COVID-19, as set forth in the CDC guidance, they will immediately be sent home.
- The individual will be required to leave the gymnasium immediately.
 - We have asked that one parent/guardian/emergency contact for each child remain at the gymnasium (either on Court #2 or in their vehicle in the parking lot) for the entirety of the session and be available to leave with a sick child immediately.
- An individual, or an individual's parent/guardian, must schedule a COVID-19 test within 48 hours and notify Johnston Recreation of the test results.
 - The Johnston Recreation Department will report all positive cases to the Rhode Island Department of Health.
- Should a child, coach, or staff member be observed to require medical attention per CDC guidelines, 911 will be called as well as the parent/guardian/emergency contact.
 - Emergency medical attention will be triggered upon any of the following emergency warning signs: trouble breathing, persistent pain or pressure in the chest, new confusion, inability to wake or stay awake, bluish lips or face.

Clearance Protocol:

According to the RIDOH, the individual's symptoms indicate whether there is a probable case of COVID-19. The RIDOH's chart of symptoms and probable case can be seen on page 3 of this document. A symptomatic child/coach/staff will not be permitted to return to youth basketball until the following requirements are met.

- *If an individual has symptoms of COVID-19 but does not meet the CDC definition of a probable case...*

- The individual will be sent home (no quarantine recommended for close contacts). It is advised that the symptomatic individual seek medical advice and get a COVID-19 test if recommended by their health care provider.
- An individual may return to youth basketball if after being sent home as long as the individual or child's parent/guardian has completed the Self-Attestation Form for Returning to Youth Basketball (form can be seen on page 5) and one of the three scenarios occurred.
 - a) The individual was not tested but has been fever free for 24 hours without fever-reducing medications and symptoms have improved (back to usual health).
 - b) Individual tested negative for COVID-19, has been fever free for 24 hours without the use of fever-reducing medication and symptoms have improved (back to usual health).
 - c) Individual tested positive for COVID-19 and has since met RIDOH guidelines for ending isolation.
- *If an individual has symptoms of COVID-19 that meet the CDC definition of a probable case...*
 - The individual will be sent home (quarantine recommended for household contacts of a pending the probable case COVID-19 test result). It is advised that the symptomatic individual seek medical advice and obtain a COVID-19 diagnostic test.
 - Quarantine of additional close contacts pending probable case test results may be advised by RIDOH when one or more confirmed cases have occurred in the school or program within the past 10 days.
 - RIDOH may also recommend testing for others in certain situations.
 - An individual may return to youth basketball if after being sent home as long as the individual or child's parent/guardian has completed the Self-Attestation Form for Returning to Youth Basketball (form can be seen on page 5) and one of the two scenarios occurred:
 - a) The individual tested negative for COVID-19 (with a PCR test), has been fever free for 24 hours without the use of fever-reducing medication and symptoms have improved (back to usual health).
 - b) The individual tested positive for COVID-19 (with a rapid or PCR test) and has since met CDC/RIDOH criteria for ending isolation.
 - I. Close contacts are quarantined for 10 days since last day of COVID-19 exposure.
 - II. Close contacts in quarantine should self-monitor for symptoms and seek medical advice and test if recommended by RIDOH or healthcare provider. Close contacts who have tested positive in the past 90 days do not have to quarantine.
 - III. RIDOH may recommend testing of close contacts in certain situations.
 - IV. Positive individuals must meet the CDC/RIDOH guidelines for ending isolation:
 - RIDOH recommends the symptom-based strategy for ending isolation. Isolate until: fever free for 24 hours without the use of fever-reducing medication, symptoms have improved and, 10 days since symptoms first appeared (20 days if severely immunocompromised),
 - RIDOH also recommends the time-based approach if asymptomatic when tested positive. Isolate until: 10 days since date of specimen collection (20 days if severely immunocompromised).
- *If a player or coach's close contact tests positive for COVID-19 (with a rapid or PCR test)...*
 - A close contact is quarantined for 10 days after last day of exposure to the confirmed case.

- If feasible, it is ideal for each close contact to quarantine in a location separate from the symptomatic person and separate from other close contacts.
- If the close contact remains in the same household, the contact must quarantine throughout the case's isolation period (10 days) and for an additional 10 days.
- A household contact who has ongoing exposure to the confirmed case is usually quarantined for at least 24 days.
- Close contacts who have tested positive in the past 90 days do not have to quarantine.
- Close contacts in quarantine should self-monitor for symptoms and seek medical advice and test if recommended by RIDOH or healthcare provider.
 - RIDOH may recommend testing of close contacts in certain situations to identify asymptomatic cases.
 - Testing negative is not an alternative to completing the quarantine.
- An individual may return to youth basketball if after being sent home as long as the individual or child's parent/guardian has completed the Self-Attestation Form for Returning to Youth Basketball (form can be seen on page 5) and one of the two scenarios occurred:
 - a) The Individual has quarantined for 10 days after the last day of exposure to the confirmed case.
 - b) The individual has remained asymptomatic.

A Probable Case of COVID-19: In accordance with the RIDOH, an individual has a probable case of COVID-19 if they have

One of the following symptoms:

- Cough
- Shortness of breath
- Difficulty breathing
- New loss of taste or smell

OR

Two of the following symptoms:

- Fever (100.4°F or higher)
- Chills (rigors)
- Muscle or body aches Headache
- Headache
- Sore throat
- Fatigue
- Congestion or runny nose (new)
- Nausea or Vomiting
- Diarrhea



Johnston Parks and Recreation Self-Attestation Form

SYMPTOMS

HAVE YOU HAD ANY OF THE FOLLOWING SYMPTOMS IN THE PAST 3 DAYS THAT ARE NOT EXPLAINED BY ALLERGIES OR A NON-INFECTIOUS CAUSE?	YES	NO
COUGH		
SHORTNESS OF BREATH OR DIFFICULTY BREATHING		
FEVER OR CHILLS		
MUSCLE OR BODY ACHES		
SORE THROAT		
HEADACHE		
NAUSEA OR VOMITING		
DIARRHEA		
RUNNY NOSE OR STUFFY NOSE		
FATIGUE		
RECENT LOSS OF TASTE OR SMELL		

Temperature: _____

RISK FACTORS

	YES	NO
Have you been in close contact (less than six feet) with anyone with COVID-19 or symptoms of COVID-19 in the past 14 days?		
Have you traveled anywhere outside the 50 United States in the past days?		
Have you been directed to quarantine or isolate by the RI Department of Health or a healthcare provider in the past 14 days? If so, when does/did your quarantine or isolation period end?		

IF YOU HAVE ANSWERED "YES" TO ANY OF THESE QUESTIONS, THEN YOU CANNOT BE AT THE GYMNASIUM FOR THE SAFETY OF OTHERS.

Participant/Attendee's Name (Printed)

Participant/Attendee's Phone Number
**Required for contact tracing purposes*

Associated Basketball Team

Parent/Guardian/Attendee's Signature

Date & Time



Johnston Parks and Recreation

Self-Attestation Form for Return to Youth Basketball

Individual's name: _____

Date(s) of absence: _____

Check all symptoms that you/your child had:

Symptom	Qualifications to Return
Cough (new)	**If an individual has any <u>one</u> of these symptoms, there is a probable case of COVID. A test is required and the individual must meet the clearance protocol listed in JRD's COVID-19 Illness Policy.
Shortness of breath	
Difficulty breathing	
New loss of taste or smell	
Fever (100.4°F or higher)	**If an individual has any <u>two</u> of these symptoms, there is a probable case of COVID. A test is required and the individual must meet the clearance protocol listed in JRD's COVID-19 Illness Policy.
Chills (rigors)	
Muscle aches (myalgia)	
Headache	
Sore throat	**If an individual has only <u>one</u> of these symptoms, there is not a probable case of COVID. A test is not required but the individual must meet the clearance protocol listed in JRD's COVID-19 Illness Policy.
Nausea or Vomiting	
Diarrhea	
Fatigue	
Congestion or runny nose	

Date of first symptom(s): _____ Date symptom(s) ended: _____

Did you or your child have a COVID-19 test during this absence?

No

If no, why not? _____

Yes

Date of test: _____ Location of test: _____

Test result: _____

If positive result, isolation end date: _____

I attest that I am/my child is ready to return to JRD's Youth Basketball Program and has:

- Not had a fever (temperature higher than 100.4°F) in the last 24 hours;
- Not taken any medicine for fever in the last 24 hours; AND
- Improved symptoms and is back to usual health

Participant/Attendee's Name (Printed)

Associated Basketball Team

Parent/Guardian/Attendee's Signature

Date